

WARREN



"Jolly Rogers"

# SENTINEL

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November 18, 2005

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## WARREN SALUTES VETERANS

Col. Allen Jamerson, 90th Security Forces Group Commander, respectfully salutes the 90th Space Wing's wreath during the Veteran's Day wreath laying ceremony at Beth El Cemetery Nov. 11. For more, see Page 12.

Photo by Airman 1st Class Tessa Cubbon

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# Commentary

## Do your part to eliminate national security risk

**Col. Al Jamerson**

*90th Security Forces Group Commander and  
90th Space Wing Information Security Program Manager*

Imagine this scenario: Lieutenant Candoo just received a seemingly unclassified message from his secure computer and downloaded it to a floppy disk. Because he was responsible for disseminating the information to all commanders ASAP, he figured the fastest way was to send it as an e-mail attachment from his office computer which is connected to the base local area network. Candoo popped in the disk, attached it to an e-mail message and hit send. With a sense of mission complete, he headed to the gym for some physical training. Before he could make it inside the Freedom Hall doors, his cell phone rang with an urgent call from the unit security manager wanting to know about a classified e-mail he sent out. Over the next several days, Lieutenant Candoo learned the hard way that classified message incidents are serious business that can have catastrophic consequences for national security, mission productivity and one's career.

It is easy to laugh because we want to believe that no one can be as clueless as Lieutenant Candoo. The ugly reality is this type of situation happens all the time, both here at Warren, and throughout the DoD unclassified network. CMIs occur whenever a NIPRnet user discusses classified information in an unclassified e-mail or sends a classified attachment to an unclassified e-mail address over the NIPRnet. During the past two years, four CMIs occurred at Warren, ranging from an unintentional discussion of classified information in an e-mail, to the attachment of an unclassified exercise message that was improperly marked as classified.

You might wonder why a security forces officer is writing about a topic that seems inherently "comm" in nature. As the base Information Security Pro-

gram Manager, I am chartered to ensure members of the Warren team employ all actions necessary to protect information vital to national security. Therefore, I lead the efforts to educate the base populace on the consequences wrought by CMIs, and how we can prevent them. All military members, civilians and contractors who have NIPRnet access must be aware of the consequences that CMIs incur. This is particularly critical in light of constant efforts by our adversaries to target our networks. Two articles by the Washington Post and Time Magazine highlighted significant efforts by China to breach DoD unclassified networks. Pentagon cyber security experts surmise that China's intentions are two-fold: steal information that is critical to our

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## Man on the street

*The Warren Sentinel asked Warren members, "What are you looking forward to about the holidays?"*



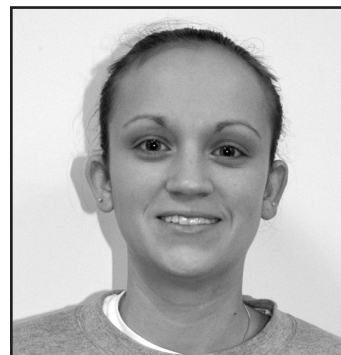
"Getting a break from work and spending time with my friends."

– **Airman 1st Class Trudie Rickman, 90th Space Wing**



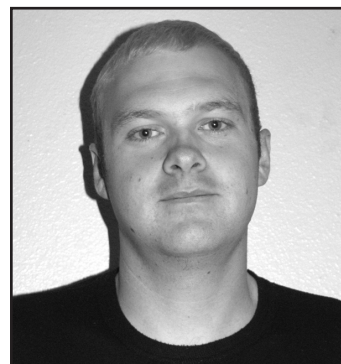
"Visiting my family in Los Angeles for Thanksgiving. We have a turkey dinner with tamales."

– **Senior Airman Carlos Herrera, 90th Medical Operations Squadron**



"Spending time with my family."

– **Senior Airman Stephanie Contreras, 90th Services Squadron**



"Getting some time off work, spending time with my friends, and decorating for the holidays."

– **Airman 1st Class Joshua Richter, 90th Communications Squadron**

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*"Jolly Rogers"*

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# Pro ball: A wingman concept?

**Lt. Col. Kathleen Cook**  
90th Mission Support Group  
Deputy Commander

As I watched a very lack luster Virginia Tech team play the 5th-ranked Miami Hurricanes in college football Nov. 5, an update in the sports ticker tape across the bottom of the screen caught my eye. It said that Terrell Owens (T.O.) of the Eagles had been suspended for "conduct detrimental to the team."

A simple statement, but some very powerful words -- "conduct detrimental to the team." If you follow football at all, you can't help but know about the antics of T.O. this season and his crusade to verbally and publicly criticize the Eagle's quarterback, Donovan McNabb. Not to mention his poor attempt at an apology to McNabb,

the team and the organization as directed by his coach.

Sunday morning, the ESPN analysts had a few things to say about the actions leading to the suspension. Comments stating that T.O. had "sabotaged the organization," that his comments were inappropriate because "no matter what, this is your teammate, the guy you line up with."

When the analysts were asked if T.O. should ever wear the Eagles uniform again, Tom Jackson, previously a linebacker for the Broncos said, "never!" Mike Ditka, hall of famer and former coach for the Chicago Bears agreed and said that if he was allowed to suit up again, the fans would be "unmerciful."

Why would they be unmerciful? What was T.O.'s mistake? Among other things, Terrell Owens isn't

**WE MUST ALL REMEMBER THAT THE GREATER GOOD OF OUR ORGANIZATION RISES OR FALLS ON OUR ABILITY TO HONOR OUR WINGMAN.**

about team. He forgot that the Eagles' success isn't about him; it's about the other 10 wingmen on the field, the wingmen standing on the sideline and the wingmen that coach and lead the organization. Each member of the organization has a designated mission, a personal responsibility to the greater good and success of the team.

Do I think Terrell Owens will learn from his mistake? No. Will he play ball again? Sure. That said, the important lesson we must

take from this distracting event is that the wingman concept is important no matter where you are in life. Even sports analysts, successful in their own careers, honor and respect the concept of a wingman.

So whether you're responsible for your fellow Airmen, your best friend, the 10 other guys on your team or those in the community in which you live -- we must all remember that the greater good of our organization rises or falls on our ability to honor our wingman.

## Security, from Page 2

defense efforts, and to deny our ability to use the networks at any critical juncture of their choosing.

This leads to my second reason for writing this article: CMIs effectively shut down our networks until they can be properly assessed and cleaned. I along with many of you have been a victim of these "self-imposed denials of service," and can testify that they are costly both in terms of dollars to correct the situation, and the lost mission productivity that results. Each CMI costs Air Force Space Command \$15,000 in labor and resources, and 16 hours of downtime. In CY 2004 and 2005, AFSPC incurred \$621,000 in labor and resource costs, and 28 days of downtime due to CMIs. If you apply that

formula to FEW, CMIs cost us \$60,000 and 64 hours -- just think what your unit could have done with the money and time saved had we prevented those incidents.

This issue is so important that the AFSPC Vice Commander has made it his personal mission to eradicate CMIs (note to readers: I did not say reduce, I said eradicate!) In a Sept. 12 policy letter, the AFSPC Vice Commander emphatically stated there is "Zero Tolerance" for CMIs, and put the command on notice that every future CMI will receive the highest command scrutiny. Here at Warren, any individual responsible for a CMI will report with the wing or equivalent commander to the Twentieth

Air Force Commander to explain the situation. Before it gets to that extreme, I challenge all commanders, chiefs, and supervisors to get involved and educate your network users on the "do's and don'ts" that can eliminate CMIs.

First, if you have to transmit classified information, use a computer connected to the SIPRnet (Secret Internet Protocol Routing Network). SIPRnet is a network capable of transmitting classified information up to and including SECRET between two or more computers. Typically, every unit has at least one SIPRnet terminal, but if you do not have access to one, contact your unit security manager who can find the access you need. Speaking of security

managers, get to know them on a personal basis: they can provide training to all unit personnel on correct procedures for handling and recognizing marked classified material. This training includes the proper way to transmit classified information within your unit and other appropriately cleared agencies.

A recent review of AFSPC CMIs found a factor that can get anyone in trouble when it comes to e-mail: hitting the send button too fast. Remember Lieutenant Candoo? Had he not been in such a rush to get to the fitness center, he might not have hit the send button so quickly. The extra few seconds or minutes you take can mean the difference between secur-

ing critical secrets and compromising them to our staunchest opponents.

As DoD members, we are all in the business of protecting the United States from our enemies, both foreign and domestic. If we allow classified message incidents to continue, we will have effectively become our own worst enemy. This is a leadership issue, but it is not rank-constrained. If you use our networks in any way, shape or form, you have a personal responsibility to protect our information, and to make sure that other users follow proper procedures. A concerted effort by all will guarantee our assured ability to fight our nation's wars and provide continued leadership to world events.



# Mighty Ninety stays 'right of line'

**Capt. William Schmidt**  
AFROTC Detachment 90

**AFROTC DETACHMENT 90, Ft. Collins, CO** – Air Force ROTC Detachment 90 was recently awarded the "Right of Line" Award as the number one of 144 AFROTC detachments in the nation, large category. The 90th Cadet Wing consists of over 200 cadets from Colorado State University and the University of Northern Colorado, undergoing leadership training to be future Air Force officers. Graduates of the program are commissioned as second lieutenants in the USAF.

Detachment 90, the 8th largest AFROTC Detachment in the nation, received this award based mainly on consistently producing cadets who can become strong leaders in the Air Force.

Before winning Right of Line, the detachment was awarded the High Flight award, given to the best unit

in the Northwest Region. This qualified them to compete against the three other regional High Flight award winners for the prestigious Right of Line Award.

"I'm extremely proud of the cadets and staff of Det 90," said Col. Dennis Kaan, Det 90 Commander, "They have developed a truly outstanding officer training program and it is great to see them recognized for all their hard work and dedication."

Detachment 90 is not only known for its outstanding training programs, but for superior cadet organizations that have been recognized at all levels for civic involvement and professional development.

Detachment 90's Arnold Air Society Mark Giles Danielson Squadron took top honors in 2005 at the Arnold Air Society National Conclave, as they were named best large squadron in the nation. Additionally, the Silver

Wings (Arnold Air Society's affiliate organization), was also awarded the 2005 Best Chapter in the Nation.

The Wing Walker Honor Guard drill team established themselves as one of the best in the nation winning multiple trophies at the Southern California Drill and the National Invitational Drill Meets.

These groups accomplished these national feats while garnering university recognition as some of the best community service organizations on campus.

When it came time for its triennial Operational Readiness Inspection, an accreditation type review, Detachment 90 shined once again, earning an overall "Outstanding" rating, the highest rating possible on this grueling inspection. Their training, education, and recruiting programs all earned "Outstanding" ratings.

The push to excel propa-

gates from the top of the officer training program as Detachment 90's cadre provides the cadet corps with the finest examples to follow. The Best Education Officer in AFROTC honor went to Capt. Kirsten Burgess while Capt. Bonnie Schwartzkopf was selected as Company Grade Officer of the Quarter in AFROTC. On top of this, Staff Sgt. Molly Griggs was recognized as the Non-Commissioned Officer of the Quarter for the Northwest Region.

"We are lucky to have cadre that supports, guides, and inspires us to strive for excellence at all times. Their work ethic and desire to be on top trickle all the way down to the lowest levels of the wing," said Cadet Beth Keber.

The motivation displayed by those individuals at the top of the cadet leadership corps is another key to Detachment 90's success.

"Each cadet staff always tries to improve on what was

done before. We never become complacent about where we are and never stop moving forward," said Cadet James Jung.

Staking a personal interest in the mission at hand has also been part of the winning formula at Detachment 90.

"Knowing that I have played even a small role in making our cadet corps outstanding is a great personal satisfaction for me ... Without each person working together we could never have received [such] amazing recognition," said Cadet Alison Fischer.

Detachment 90 will continue to strive for integrity first, service before self and excellence as it seeks to shape tomorrow's leaders into officers in the world's finest Air Force.

For more information about AFROTC and Detachment 90, please visit <http://www.csuairforce.com> or call Capt. Tyson Schmidt at 970-491-6476.

## WHAT DOES YOUR EMBLEM SIGNIFY?

### 90th Communications Squadron

The silver vehicle in flight signifies the 90th Space Wing mission, propelled skyward by a yellow flame, representative of the people of the wing. The red lightning bolt signifies all forms of information created, managed, stored, sent and received on the communications systems provide and maintained by the 90th Communications Squadron. The blue, red and green beams of light at the bottom symbolize the first three colors of the communications cable color code.

The emblem as a whole depicts the 90th Communications Squadron as a part of the flame supporting and propelling the mission of the 90th Space Wing



ever skyward in its quest to provide our nation and its people a secure environment, where freedom and democracy can flourish.

"Our mission is to ensure base personnel can communicate with each other. We provide voice, data, record copy, radio and visual information products both on base and within the missile field. Whether it's the missile crew getting a message from higher headquarters or the security forces Airman getting a dispatch notification, we make sure the communications channels are operational," said Lt. Col. Michael Crocker, 90th Communications Squadron Commander.

## SHIRT'S CORNER

*Tips from Warren first sergeants*

### Health, Morale and Welfare Inspections

#### Warren First Sergeants Council

On Oct. 28, four of our dormitories underwent an inspection by 56 officers, SNCOs, and first sergeants. These inspections included dormitories representing many groups on Warren and were chosen at random.

The Health, Morale and Welfare inspection is just that; a no-notice inspection aimed at ensuring the dormitory is a safe place to live. There are those who think the inspection is just another name for a search. This is not true.

The difference between an inspection and search is that the inspection is not held with the intent to obtain evidence for use in disciplinary actions.

To the contrary, whenever an HM&W inspection takes place, we all hope we find nothing to compromise the safety of those who live in the dormitory.

However, if a prohibited item is found, you can count on having to see your first sergeant. Prohibited

items, (guns, ammunition, illegal drugs, stolen property) can be seized because they not only jeopardize the safety of those who live in the dormitory, but can be used as evidence for use in disciplinary actions. Disciplinary action can be anything from a verbal counseling to a court martial.

First sergeants have fielded many questions on the HM&W inspection. As first sergeants, we believe the dormitory has to be a safe place for all residents; but at the same time, leadership wants to respect the dormitory residents' privacy.

Although the privacy of the dormitory resident is a valid concern, the safety of all dormitory residents outweighs this need of privacy.

Until a better method comes along to deter those who want to keep prohibited items in their room, the HM&W inspection is a tool used to further enhance the safety of our dormitories.

## Briefs

### Straight talk line

To receive timely information on delayed reporting as well as inclement weather, call the 90th Space Wing Straight Talk Line:

From a base phone: x2222

Commercial: 773-2222

The Straight Talk Line is a tool used by 90th Space Wing Public Affairs to keep Team Warren informed of mission-impacting events on-base and throughout the community.

### New Subway at BX

Subway opens at the Base Exchange Dec. 1 in the food court. Hours of operation are Mondays to Saturdays, 11 a.m. to 8 p.m., and Sundays 11 a.m. to 6 p.m.

### Thanksgiving at Chadwell

Chadwell Dining Facility serves Thanksgiving Dinner 11 a.m. to 2 p.m., Nov. 24. The dinner is open to all active duty enlisted, officers, retired military and their family members.

For more information call Chadwell at 773-3838.

### Sentinel deadlines

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For more information, contact public affairs at 773-3381 or e-mail at [Sentinel@warren.af.mil](mailto:Sentinel@warren.af.mil).

### Special Saturday Clinic

The Warren Veterinary Clinic will be holding a special clinic Saturday. Animals can be seen for vaccinations, microchipping, health certificates and minor sick call by appointments only. Call 773-3354 to schedule an appointment.

### Notice for base residents

The housing management office requests current base residents update their information with the housing management office. If rank, number of dependents, organization or phone numbers have changed, call 773-1840 or visit Building 306 as soon as possible.

# Strengthening our nation's spirit

## Remembering Sacagawea during American Indian Heritage Month

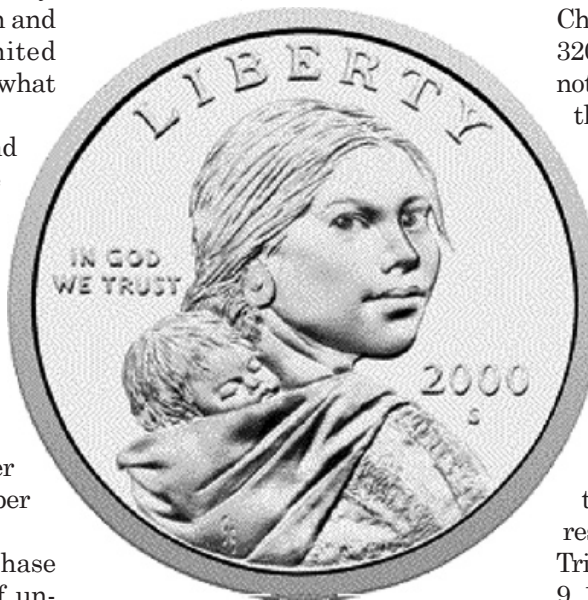
**Staff Sgt. Adonis C. Cabarle**  
27th Fighter Wing Military Equal  
Opportunity Office

Sacagawea has been recognized for her contributions and accomplishments in shaping our nation's history. Sacagawea was a slave, a woman and an American Indian. The United States of America might not be what it is today without Sacagawea.

Idaho was once the homeland of Sacagawea and her tribe, the Shoshone. The name Sacagawea is derived from joining the Hidatsa words for bird (sacaga), and woman (wea). She was born around 1790, and when she was about 12 years old the enemies of her people, the Hidatsa-Mandan kidnapped her. She was later sold as a slave to her future husband, a Canadian trapper named Toussaint Charbonneau.

In 1803, the Louisiana Purchase opened 800,000 square miles of unseen land to US control for just \$15 million. President Thomas Jefferson chose Captain Meriwether Lewis and Lieutenant William Clark to map, observe and record everything west of the Mississippi. In addition, they were to find a navigable water route to the Pacific. However, Lewis and Clark realized they would need interpreters to speak with the Indians they expected to meet. In November 1804, Lewis and Clark arrived at the Hidatsa-Mandan villages and built a fort nearby. They hired Charbonneau and Sacagawea as guides and interpreters. Along with Sacagawea came their son, Jean Baptiste Charbonneau, strapped to her back.

Sacagawea turned out to be incredibly valuable to the expedition through the territories of many tribes located in the west. On August 1805, Lewis and Clark and their interpreters found a group of Shoshones. The leader, Chief Cameahwait, turned out



to be none other than Sacagawea's brother. Chief Cameahwait allowed the explorers to purchase the horses they needed to complete the grueling task ahead. Other tribes they encountered were prepared to defend their lands but with Sacagawea present, the tribes were apt to believe the whites were friendly. The journey was quite dangerous, but with Sacagawea beside them, it was a whole lot easier.

During November in 1805, the expedition reached the place where the Columbia River emptied into the Pacific Ocean. Everyone, including Sacagawea, decided to settle near pres-

ent-day Astoria, Ore., at Fort Clatsop for winter.

When spring came, the expedition headed back home. When the party reached the Hidatsa-Mandan village, Sacagawea, Charbonneau and their son Jean Baptiste stayed behind. Charbonneau was given \$500.33 and 320 acres of land. Sacagawea received nothing because of the lack of respect they had towards her. Lewis and Clark did not perceive Sacagawea as someone of importance because of who she was, an Indian. Lewis and Clark's attitude towards Sacagawea epitomized the attitude the whole United States had towards many of the American Indians at that time. Sacagawea died on December 20, 1812, however Shoshone oral tradition says she returned to her tribe and settled at the Wind River reservation in modern-day Wyoming. Tribal tradition says she died on April 9, 1884, and is buried there.

A slave, an Indian and a woman, Sacagawea received little respect during her lifetime. Do you think Lewis and Clark would have made it without Sacagawea? Sacagawea deserves respect in American history. On November 2, 2000, the United States recognized her and her place in American history through the new Golden Dollar coin. The front features a portrait of her and a bundled Jean Baptiste.

Moreover, you can see the Sacagawea Statue in Bismarck, N.D., where it symbolizes the contribution she made to the number one country in the world, the United States of America.

## MOPS supports mothers of young children

### Mothers of Preschoolers

A new Mothers of Preschoolers group has started on Warren. MOPS meets the second and fourth Friday of every month from 9 to 11 a.m. at the Chapel Activities Center. There is no cost to attend these meetings.

MOPS is a program designed to nurture mothers with children from infancy through kindergarten. MOPS groups meet in churches throughout the United States, Canada and 19 other countries. The women are of many ages and backgrounds, but share the same desire - to be the best mothers they can be.

MOPS provides a welcome break, a chance to make new friends the op-

portunity to know that you are not the only mom who goes through the struggles and joys of raising young children. Expect a few hours of rest, rejuvenation, instruction, creativity, food, fellowship, support and affirmation for mothers in a caring, accepting atmosphere. While moms are participating in MOPS meetings, their children can participate in MOPPETS, a program designed for preschoolers

to encourage creative and healthy mental, physical, spiritual and social development.

MOPS is also in need of volunteers. If you have five hours a month and have a love for children or want to give mothers of preschoolers a much needed break twice a month, contact Pamela Bylow at 214-6750. Curriculum and all supplies will be provided.

**A NEW MOTHERS OF PRESCHOOLERS GROUP HAS STARTED ON WARREN. MOPS MEETS THE SECOND AND FOURTH FRIDAY OF EVERY MONTH FROM 9 TO 11 A.M. AT THE CHAPEL ACTIVITIES CENTER.**



# Warren mourns loss

**Staff Sgt. Theresa Donnelly**  
90th Space Wing Public Affairs office

"When I first met Will Stell, I knew he was a very special individual," is how John Headstream, Family Support Center Director, describes the man who dedicated his life to serving others.

Willard H. Stell, who was a community readiness consultant at the Warren Family Support Center, passed away Nov. 12 at age 73. He was buried at the Warren Base Cemetery with full military honors Wednesday.

"He had a unique style about him that just made you feel comfortable talking with him," said Mr. Headstream.

Mr. Stell started his altruistic trend when he decided to serve his country and join the Air Force in 1951. He was a veteran of the Korean



Courtesy photo

War, Vietnam War and was awarded numerous decorations including the Bronze Star. He retired in 1990 as a chief master sergeant; a rank he held for 24 years of his 39.5-year Air Force career, making him one of the most senior ranking NCOs ever in Air Force history.

After his time with the Air Force, he continued to help other servicemembers as a civilian running the relocation assistance program for the FSC.

"Will used his talent to assist thousands of personnel and their families to successfully relocate to the Cheyenne area," said Mr. Headstream.

Not only did he serve the nation, he served his community locally as well. He was a deacon at Calvary Baptist Church in Cheyenne, a member of VFW and volunteered countless hours as a Frontier Days committee member.

Mr. Stell is survived by his wife of 47 years, Gayle; their three sons Larry, Brian and Tim; their daughter, Lyn and their spouses and children; and his brother A.L. Stell Jr.

Mr. Headstream, who considered Mr. Stell a close friend, said it was an honor for the FSC staff to work with him and call him a friend.

"Will Stell was one of the most caring, giving people I've ever known," he said.

# Base dental clinic hosts Toothprint Day

**Senior Airman Kelly Zaiser**  
90th Medical Operations Squadron

The base dental clinic will be holding a Toothprints Day 1:30 to 4:30 p.m., Monday. The dental staff will provide the toothprints wafer and plastic bag that you will be able to take home the same day.

Toothprints, a system for identifying your child's teeth, was developed by Dave Tesini, a pediatric dentist from Massachusetts. His technique called Toothprints, is a simple, cost effective way of documenting your young child's unique tooth characteristics, tooth position within the arch and their jaw relationship – all important identifiers.

A toothprint is an arch-shaped thermoplastic wafer

that you soften in hot water, and then place on a child's lower teeth. The child bites into the wafer for 50 seconds, and after a two to three minute cool-down period or you'll get the toothprint to take home for safekeeping. According to Peter Banks, Director of the National Center for Missing and Exploited Children, when toothprints are taken, sufficient proteins in the saliva remain on the wafer from which a DNA test can be successfully performed for a second means of identification. He also states that since the toothprint wafer is sealed in a "zipper-type" plastic bag, enough scent remains for a trained dog to identify and track.

Making a toothprints impression takes only a few minutes. It's comfortable for young children and will give their parents peace of mind.

## November is National Military Family Appreciation Month

### Today

NCO Enlisted Professional Development Course, Civilian Personnel, 7:30 a.m. to 4:30 p.m.  
PT Leader Course, HAWC, 8 a.m. to noon  
Pre-separation briefing, Family Support Center, 9 a.m.  
Outdoor Recreation selling Eldora Ski passes, 10 a.m. to 5 p.m.  
Children's Story Time, Warren Library, 11 a.m.  
Military Affairs Committee luncheon, Building 245 (Navy Operation Support Center), 11:30 a.m.  
Dorm Escape, FTAC, 6 p.m. to midnight  
"Lord of War," R, base theater, 7 p.m.  
Xtreme Bowling, \$7.50 per lane per hour, Warren Lanes, 9:30 to 11 p.m.  
"2 for the Money," R, base theater, 10 p.m.  
Fifteen percent off all dry cleaning two-piece suits, cleaners  
\$9.99 car rentals, Enterprise  
\$19.99 Thanksgiving centerpiece special, flower shop

### Saturday

Mass, High Plains Chapel, 5 p.m., hospitality following  
Outdoor Recreation trip to Flat Irons Crossing Mall, 8 a.m. to 6 p.m.  
The Retired Enlisted Association, VA Conference Room (basement), 10 a.m.  
Dorm Escape, FTAC, 3 p.m. to midnight  
"Into the Blue," PG-13, base theater, 7 p.m.  
Xtreme Bowling, \$7.50 per lane per hour, Warren Lanes, 7 to 11 p.m.  
"Lord of War," R, base theater, 10 p.m.  
\$9.99 car rentals, Enterprise  
\$19.99 Thanksgiving centerpiece special, flower shop

### Sunday

Liturgical Protestant workshop, Frontier Chapel, Building 916, 8 a.m.  
Mass, High Plains Chapel, 9:15 a.m.  
Traditional Protestant service, Frontier Chapel, 11 a.m.  
Contemporary Protestant service, High Plains Chapel, 11:15 a.m.  
Family Day at Chadwell Dining Facility noon to 1 p.m.  
Families bowl for \$6.50 per hour, Warren Lanes, noon to 6 p.m.  
"Corpse Bride," PG, base theater, 2 p.m.  
Dorm Escape, FTAC, 6 to 10 p.m.  
Free cup of Godiva coffee, BX  
\$9.99 car rentals, Enterprise  
\$19.99 Thanksgiving centerpiece special, flower shop

### Monday

Commissary is open, 10 to 7 p.m.  
Pre-separation briefing, Family Support Center, 2 p.m.  
Right Decision, Bldg 234 (FTAC), 1 to 4:30 p.m.  
Pre-Deployment Briefing, FSC, 3 p.m.  
Prayer Hour, High Plains Chapel BSR, 6 to 7 p.m.  
Dorm Escape, FTAC, 6 to 10 p.m.  
Women's Ministry, Bldg 212, 6:45 to 8 p.m.  
\$9.99 Car Rentals, Enterprise  
\$19.99 Thanksgiving centerpiece special, flower shop

### Tuesday

Healthy living workshop, HAWC, 8 to 10 a.m.  
Smooth move, Family Support Center, 8:30 a.m. to noon  
Pre-separation briefing, Family Support Center, 9 a.m.  
Club card members save 10 percent on snack bar and open bowling, Warren Lanes  
Cholesterol I, HAWC, 11 a.m. to 1 p.m.  
Breast feeding support group, base clinic, 1 p.m.  
Fitness improvement, HAWC, 1 p.m. to 2:30  
Dorm Escape, FTAC, 6 p.m. to 10 p.m.  
Ecumenical Thanksgiving prayer observance, High Plains Chapel 6:30 p.m., refreshments follow  
\$9.99 car rentals, Enterprise  
\$19.99 Thanksgiving centerpiece special, flower shop  
Spend \$50 or more and receive free \$5 gift card for next purchase, BX, 6 to 8 p.m.

### Wednesday

Pre-separation briefing, Building 1284, 9 a.m.  
Body composition I, HAWC, 1 to 3 p.m.  
Thanksgiving mass, High Plains Chapel, 6 p.m.  
Dorm Escape (Movie Night), FTAC, 6 p.m. to 10 p.m.  
Twenty-five percent off off select wine, Shoppette

### Thursday

Thanksgiving Day  
Commissary is closed  
Shoppette Open 8 a.m. to 2 p.m.  
BX open 10 a.m. to 2 p.m.  
Chadwell Dining Facility is open to all active duty enlisted, officers, retired military and their family members for Thanksgiving Dinner, 11 a.m. to 2 p.m.  
Dorm Escape, FTAC, 6 to 10 p.m.

**NOVEMBER  
IS NATIONAL MILITARY  
FAMILY  
APPRECIATION  
MONTH**



# Supporting those who serve

## FSC helps relieve pressure of deployments

**Tech. Sgt. Rhonda Sargent**  
*Family Support Center*

Before every person deploys, they are required to attend a pre-deployment briefing. The briefings are held the first and third Monday of every month at 3 p.m. at the Family Support Center here.

Married Airmen are encouraged to bring their spouse. If the meeting at 3 p.m. does not work for the spouse because of career obligations, the family readiness manager does work with their schedule. By bringing their spouse, they get to hear first-hand all of the services they are entitled to while the member is deployed. There are many things covered in the briefing. We talk about financial management, housing maintenance, wills, power of attorneys, car care and many other things depending on the situation of the member.

During the briefing, each person is given an Air Force Aid calling card worth \$20. This "phone home program" is for all Air Force members whether they are married or single. This program makes it possible for servicemembers to phone home to family and friends during their deployment or make emergency contacts when necessary, without added expenses to the servicemember.

They are also briefed on all of the services the FSC offers. They receive a trifold of the FSC services with emphasis placed on the family readiness section. There are so many programs they can benefit from.

One of the favorite programs is the Hearts Apart Morale call program. This program allows immediate family members in the local area free phone calls through the base operator, from their house to the military spouse's location regardless of which military service the member belongs to. Communication between family and friends is so important during this time. It is definitely a boost for morale for both the servicemember and the family.

The Hearts Apart Social Group is designed for spouses of members who are TDY/deployed or serving an unaccompanied overseas tour. This is a support net-

work for those left behind.

Deployment is stressful for the spouse left behind especially if they have children. To ease the stress there are programs in place to assist with child care. The program is called "Give Parents a Break". The Child Development Center runs this program on a certain day of the month. This program assists families of military members TDY/deployed, or on an unaccompanied overseas tour, families of children with special needs, emergency situations, or families who are experiencing stress due to recent PCS or other circumstances or hardships. If your spouse is deployed or on a remote tour, visit FSC for the free child care voucher.

While deployed, many members worry about the maintenance of their family vehicle. To ease this burden a program is in place called "Car Care Because We Care." This is a preventative maintenance program to ensure the primary vehicle is in good working order while the military member is away. The voucher is good at the base auto hobby shop and is good for up to \$50. They not only change the oil, but they also do a general check-up of the vehicle.

FSC understands how important it is to see and communicate with your family members. The FSC video phone is a program that provides an opportunity for spouse/family members to contact the deployed member or member serving an unaccompanied tour and speak with them via television.

It is a great experience knowing we have the capability for a father to see his newborn baby for the first time. They also have computers available for family to email the military member. They understand communication is important and are happy to provide the necessary tools.

Every Sunday is Family Day at Chadwell Dining Facility. All active duty members may bring their family members with military ID cards to dine at Chadwell from noon to 1 p.m. Also invited are family members of the deployed.

Children go through a whole ar-



Photo by Airman 1st Class Brandy Holcepl

**Tech. Sgt. Rhonda Sargent, Family Support Center, conducts a pre-deployment briefing to Warren members. Pre-deployment briefings are a requirement for all deploying servicemembers.**

ray of emotions and feelings while mom or dad is away. The FSC has tons of child geared activities, stationary, buttons, stickers and reading material that help ease their grief and anxiety.

There are services the FSC provides once the member returns home as well. They provide a reunion briefing because it does not matter if you're married or not, things will be different once you return. FSC is an advocate of the importance of becoming reacquainted with spouses so they provide you with a free "Reunion Child Care Certificate." It is an excellent opportunity to begin to reconnect with loved ones.

Also many people come back from deployments with some extra cash. It is imperative to resist the

temptation of compulsive spending habits. If members need some financial assistance, the FSC has a Personal Financial Management Program counselor that can assist.

There are some things FSC has planned on the horizon to help with deployment. In December, FSC will have an AEF 9/10 send-off planned for all of the people deploying in December and January at the Chapel Activity Center. This is designed to get everyone together and show support of their efforts. There will be more information to follow on date and time.

The key is for everyone to use these beneficial services. They are in place for you to use. For more information on any of these services, contact the FSC at 773-2114 or 773-5899.



Photo by Duncan Lloyd

## SOUTH AFRICAN NATIONALS VISIT AFSPC

PETERSON AIR FORCE BASE, Colo.--Brig. Gen. Stephen L. Lanning, Director of Logistics and Communications, Air Force Space Command, welcomes Brig. Gen. Ntakaleleni Simon Sigudu, South African National Defence College, to Peterson AFB Nov. 3. The general was part of a group from the college visiting AFSPC and other national military agencies.

# Counseling helps Airmen decide on Air Force

**Capt. Josie Stewart**  
96th Air Base Wing Public Affairs

**EGLIN AIR FORCE BASE, Fla.** — Average income for a civilian eight years after high school graduation — \$42,000.

Total compensation for a staff sergeant with eight years time in service and no dependents — \$52,244.

Attending the right decision and career decision briefings — priceless.

Making the right decision in which way to go is important. Because the Department of Labor Web site says a high school graduate, four years after graduation -- and without a college degree -- earns an average \$30,430 per year.

"Before the briefing, I was 60 percent sure I wanted to re-enlist. But after the briefing, I would take

that up to 90 percent that I'd re-enlist," said Staff Sgt. Kristi Soltis, a 96th Air Base Wing Chaplain Assistant. She's due to separate in January 2007.

So the briefings provide invaluable information to first-term and second-term Airmen, as they decide whether or not to make the Air Force a career. Briefings are scheduled approximately 12 months before an Airman's date of separation. First sergeants or the commander's support staff notify Airmen of this four-hour briefing date and inform them that spouses are welcome to attend.

The briefings are mandatory for first-term and second-term Airmen that enable troops to make educated and informed decisions that affect their whole family, said Col. Edmond B. Keith, 96th Air

**RIGHT DECISION BRIEFINGS ARE HELD AT WARREN THE THIRD MONDAY OF EVERY MONTH AT 1 P.M. AT THE FIRST TERM AIRMAN'S CENTER.**

Base Wing Commander.

"It's not just the career advisor's responsibility to help retain troops. We have them for about four hours," said Senior Master Sgt. James Stadler, 96th Mission Support Squadron Career Assistance Advisor.

Airmen may decide to separate for something as simple as not getting an assignment.

During the briefings, the career advisor lists the top five reasons Airmen decide to separate or decide to

stay in the Air Force. Ironically, in the right decision briefing, the top two reasons in each category are exactly the same.

The number one reason is education. The number two reason is family.

In the career decision briefing, the top five reasons are basically the same, too, just in a different order.

Benefits, as a reason to stay in and separate, were listed in all areas.

"Supervisors need to understand that the inability

to use benefits may be forcing some of our troops out of the Air Force," Sergeant Stadler said.

"Currently, I'm thinking about re-enlisting because I like my job, I like what I do and the military has some good benefits," Sergeant Soltis said. "Every time I change duty stations, the next station is better than the last."

"As long as that continues," she said, "I'm happy with that."



# Are you ready? One Warren member's fitness success story



Photo by Tech. Sgt. Steve Goetsch

**Master Sgt. Yvonne Miller, 90th Space Wing Career Advisor, runs on the dirt trails around the soccer field as part of her fitness routine.**

**Tech. Sgt. Steve Goetsch**  
90th Space Wing  
Public Affairs

Are you ready? It is a question that the Air Force asks us all the time. Your training might be complete, and you have all of your gear, but before you an-

swer yes, you have to ask yourself, "Am I really fit to fight?"

Master Sgt. Yvonne Miller answered that question for the Air Force after she scored a perfect 100 on her fitness test. She even managed to accomplish that feat at the

ripe old age of 38.

Getting ready for her fitness test is easy for Sergeant Miller. Not because she enjoys running in the cold Wyoming wind, but that she has made fitness a part of her overall lifestyle.

"If I didn't have a family, I would live at the gym," said Sergeant Miller.

Even though she loved running cross-country in high school, the Air Force had a more laid back approach to fitness early in her career.

"The reason I got into physical fitness was when I was stationed in Korea. I was 52 pounds overweight. There is something about being on the weight management program that can motivate you to get in shape," said Sergeant Miller.

Staying committed to fitness takes a lot of work, and Sergeant Miller accomplishes that by varying her routine. "I run two to three times per week as well as adding in an aerobics and spinning class. You have to have a variety of workout activities, otherwise you will get bored," said Sergeant Miller.

She also takes advantage of all the different classes offered through the fitness center.

"Lucy McVeigh's Fire and Ice class is a killer. I thought I was in shape, and then I went through that. It's outstanding."

Even though she is in the "Excellent" category, Sergeant Miller has seen first-hand that she is the exception rather than the norm. "I get to run with all of the First Term Airmen's Center students and even though they are really motivated, they arrive at Warren in not that good of shape. That surprised me," said Sergeant Miller.

Sergeant Miller trains hard all year long, but her running partner and co-worker, Tech. Sgt. David Thibodeau attributes her success to one of our sister services.

"Sergeant Miller was TDY with the Army last year and experienced first-hand how their PT built unity and increased their fitness standards."

Not only does the Army do a lot of unit PT, they do it more than once a day.

"When I was deployed to Landstuhl, we went by the Army standards. It was tough, but they got me in awesome shape," said Sergeant Miller. "The Army's got it going on."

Her approach to fitness is pretty simple and straightforward. She doesn't feel a need to take any of the vast number of supplements and diet plans that are available. "I have never taken supplements. I just drink lots of fluids and as for diet, I eat what I want. I don't really get into cakes and chips, but other

than that I don't pay attention to what I eat," said Sergeant Miller.

She takes every opportunity to help motivate and educate others on keeping fit.

"During our mandatory PT, Sergeant Miller believes we need to run as a team," said Sergeant Thibodeau. Another important lesson that Sergeant Miller likes to teach is leading by example.

"Normally after PT is finished, we release the Airmen and run two more miles," he said.

Sergeant Miller has taken her passion and dedication for fitness and used it to revamp the training program at FTAC. She mixes in the normal running, push-ups and sit-ups regimen with wallyball, volleyball and circuit training.

Since she only gets Airmen for less than two weeks, she likes to leave them with some important parting words. "As a member of the Armed Forces, it is your duty to keep physically fit all year round and not just before it is time to test for Warfit."

She even has words for those NCOs and SNCOs who just don't know where to start.

"I don't care who you are, if you want to meet me at the gym at 5 p.m., I'll be there."

(This is the first part of a three-part series)

# AFSPC Training Instructor of the Year helps Airman become good leaders

*Staff Sgt. Bryan Campbell, 90th Mission Support Squadron Airman Leadership School instructor, talked with Senior Airman Lauren Hasinger about aeronautics, winning instructor of the year for Air Force Space Command and calling Cheyenne home.*

## What do you do at your job on a daily basis?

We train senior airmen, who are about to become staff sergeants, to be good leaders. We teach them everything ... drill, ceremony, public speaking, enlisted performance report writing, memo writing – everything they need to know.

## How long have you been in?

I've been in for seven years and eight months. I had a three and a half year break in service. I got out after my first four years to work as an aircraft mechanic for U.S. Airways. I was laid off, along with 1,000 others after 9/11 and decided to come back in.

## What is your favorite part about your job?

Meeting 30 new people every five to six weeks. I know a lot more about everyone else's job than I ever thought I would.

## How did you get this special duty assignment?

My regular career field is services. I worked as a chef in the missile field for the 320th (Missile Squadron). When I came through ALS, I became re-motivated.

An instructor was leaving and I applied for the position and got it. I like a challenge and this is definitely a challenge. In two years, every single class has been completely different.

## At what other bases have you been stationed?

I was stationed my first four years at RAF Mildenhall in England.



Photo by Senior Airman Lauren Hasinger

Staff Sgt. Bryan Campbell, 90th Mission Support Squadron, briefs to an ALS class.

## Why did you enlist originally?

It was a spur of the moment thing. I was looking for benefits and job security. I was 21 when I came in and I came in to stay in. Things changed and I got out after four years.

## What are your career goals now?

I hope to have my bachelor's degree finished this year. It will be in professional aeronautics from Embry-Riddle University. I'll apply for a commission once I get my degree. My goal

is to have my own airline one day.

## What did you do before you came in the first time?

I worked for Tramco as an aircraft mechanic. I originally enlisted to be an aircraft mechanic but was told in basic training that I didn't have a guaranteed job.

## What is your hometown?

I'm originally from Leesburg, Va. I moved here, to Cheyenne, when I was 5. I met my wife, Cheryl, here.

## What is your dream assignment?

Wright Patterson (AFB) or Scott (AFB). I like the Midwest. I like to hunt and go camping and ride four wheelers.

## Tell me about your family?

We have two boys, Josh is 9 and Tyler is 8. They're like little me's. We're really outdoorsy.

## What do you do for fun?

Usually we go riding, bike riding, and we do normal family stuff in the evenings. We just got back from vacation in Myrtle Beach, (S.C.)

## What has been your greatest Air Force accomplishment?

I got selected as instructor of the year last year for Space Command.

## Why do you think you were selected?

I really do care about my students. I stay in contact with them. I teach in a practical way.

## What would you do if you were wing commander for a day?

I wish there was a way to fix the morale problem. If I had that power, I'd fix it, but I don't think it could be done in a day. I'd probably go out and meet all the troops.

## What is your favorite TV show?

"CSI Miami"

## What's the last movie you saw in the theater?

"Star Wars, Episode III"

## When you were a kid, what did you want to be when you grew up?

On the Olympic ski team. Before I came in I had a full ride scholarship, to Colorado Mountain College in Steamboat Springs. But even with the scholarship, I couldn't afford to live there.



## Shopping trip

Outdoor Recreation is heading south to Flat Iron Crossing Mall Saturday. Shop name brand stores to make gift giving a pleasure.

The trip departs at 8 a.m. and returns at 6 p.m. Cost is \$20 per person. For more information, call 773-2988.

## Eldora Stars and Stripes Season Pass

If you weren't able to purchase your Eldora Stars & Stripes Season Pass during Outdoor Rec's open house last month, you'll have another opportunity to take advantage of the best deal going.

For \$99, any active duty, retiree, DoD civilian and their immediate family members may purchase this no-blackout date season pass for the 2005-2006 ski season. Representatives from Eldora Ski Area will be on location at ODR from 10 a.m. to 5 p.m. Nov. 18. For more information, call 773-2988.

## Ski Trip

ODR will take its first

ski trip of the season to Keystone, Colo., for the 2006 Snofest Jan. 27 to 29. You can get your photo pass taken care of while there if you purchased a Liberty Pass.

We rise early and leave by 5:30 a.m., so do your post-holiday napping on the way.

Cost is \$65 for day skiers, \$20 for season pass holders. This trip includes ski equipment for no additional charge.

For more information, call outdoor recreation at 773-2988.

## Demolition Derby

Nov. 26 - It's a weekend of destruction when the demolition derby comes to the Budweiser Event Center.

Contestants will include cars and motorcycles. Participants will leave ODR at 6 p.m., the show starts at 7:30 p.m., and participants will return at approximately 11:30 p.m.

Cost is \$25 per person and includes event ticket, transportation and curbside drop-off and pick-up.

For more information,

call ODR at 773-2988.

## Colorado Eagles Pro Hockey Military Night

Military discounted tickets are available for the Colorado Eagles vs. the Memphis River Kings Dec. 2 at the Budweiser Event Center.

Tickets are \$16. For \$6, outdoor recreation will drop-off and pick-up at the front door to avoid paying for parking. Purchase tickets by Nov. 29.

For more information, call ODR at 773-2988.

## Transmission flush special

Save \$10 on a transmission flush during November at the Auto Skills Center.

In addition to providing a clean, safe place for you to work on your vehicle, the Auto Skills Center also provides full service repair work.

For more information, call 773-3869.

## Car wash card

Tired of messing around with quarters when that car of yours needs to be

washed? Stop by the Auto Skills Center to purchase a car wash card.

For more information, call 773-2869.

## Water Aerobics Class

Water aerobics offers a low impact cardio workout. Sessions are Tuesday and Thursday, 5:30 to 6:30 p.m. The session is \$3 or save with a \$30 punch card for 15 sessions. Your first class is free.

For more information call the aquatic center at 773-3195

## Family Special

Swim on Saturdays from 1 to 5 p.m. Pay no more than \$10 for the entire family. Immediate family members only.

## The Spa at the aquatic center

Relax. Refresh. Renew. The Spa at the aquatic center offers massage therapy, hot stone massage, couples massage, body wrap (mud, seaweed, etc.), sugar scrub, facial mask/reflex session, ear candling and air brush tanning.

For more information, call the aquatic center at 773-3195.

## Free bowling

Have lunch at Warren Lanes and bowl two free games Monday through Friday, 11 a.m. to 1 p.m., rental shoes included. For more information, call Warren lanes at 773-2210.

## Family bowling day

Prices for Sunday afternoon open bowling are reduced for Family Day. The entire family can bowl for \$6.50 per hour per lane from noon to 6 p.m.

## Xtreme Bowling

Xtreme Bowling is an exciting way to spend a Friday or Saturday night. Xtreme's rockin' music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls all set the stage for good, clean family fun.

Bowl Friday, 9:30 to 11 p.m. Bowl Saturday, 7 to 11 p.m.

The cost is \$7.50 per lane/per hour.

For more information, call 773-2210.

6 by 6

## Education center briefs

**Online tuition assistance:** The education and training flight is conducting briefings to provide information on the new Air Force Virtual Education Center On-Line Tuition Assistance Program. Active duty members currently using TA or contemplating using TA in fiscal year 2006, as well as their supervisors and first sergeants, are highly encouraged to attend one of the briefings. Education center staff will also be available to provide information during commander's calls or staff meetings around the base. For more information, visit the education and training flight customer service counter (1205 Black Powder Rd.) or call 773-2117.

**Warren Chiefs and Sergeant Major Groups Scholarship:** Applications are now being accepted for the Warren Chiefs and Sergeant Majors Group Enlisted Scholarship Awards. Applicants must be E-1 through E-7 or a dependent of an enlisted member. Deadline for applications is Dec. 1. Information sheets and application packages are available at the Education Center. For more information please contact the education center at 773-2117 or Chief Master Sgt. Singhas at 773-2850.

**CLEP testing:** Laramie County Community College will not have November computerized CLEP testing available at Warren Nov. 22, 25 and 29. The first December examination day for scheduling is Dec. 2, at 8 a.m.

Call 773-2113 to arrange a date for your examination.

**Commissioning workshop:** Are you active duty enlisted and interested in becoming a commissioned officer in the Air Force? The education center is presenting a commissioning workshop 2 p.m. Tuesday, at the education center (Building 841), Room 24. Presentations include AFROTC programs (AECF, ASCP, SOAR, and POC-ERP), OTS and the Air Force Academy and prep school. Call the education center at 773-2117.

## Personnel Reliability Program is everyone's responsibility

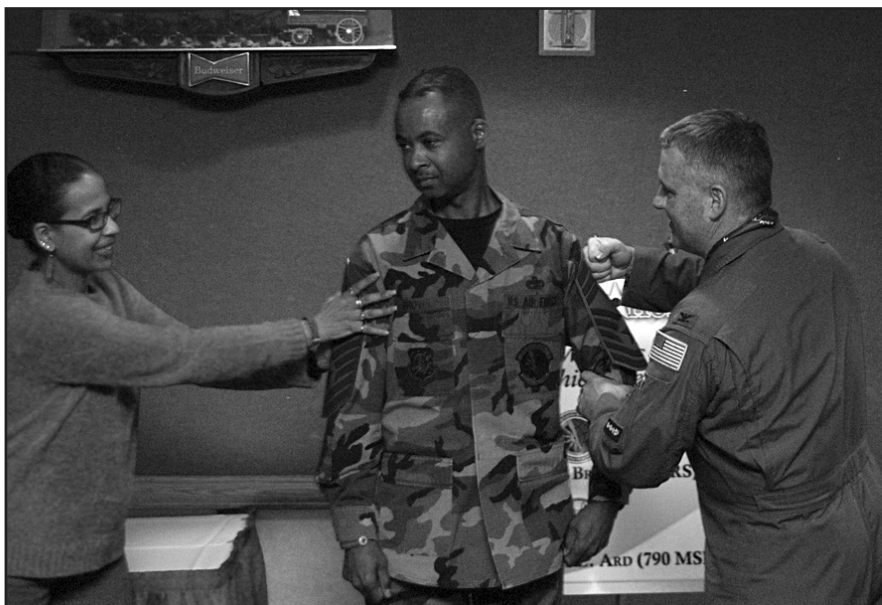
*A PRP certified individual has a personal issue that results in the individual not getting proper rest prior to performing PRP duties. The individual notifies his supervisor, who prevents the individual from performing PRP duties. The supervisor notifies the certifying official the same day.*

**Question:** At what point does the individual's status change to being suspended?

**Answer:** AFI 36-2104, Para 5.1. "A certification of PRP acceptability will be revoked immediately on a CO's determination that an individual no longer meets the standards for PRP duties. Suspension is action used by the CO to immediately remove an individual from PRP without starting a decertification action. The supervisor prevents an unsafe situation and reports the PDI to the CO. The CO considers all the facts to determine whether suspension is appropriate.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

## CONGRATULATIONS TO WARREN'S NEWEST CHIEF MASTER SERGEANTS



Photos by Airman 1st Class Tessa Cubbon

Tyree Brown

90th Logistics Readiness  
Squadron



Terry Ard

790th Missile Security Forces  
Squadron